





PRE-QUESTIONNAIRE





Thank you for participating in our program. We would like to get to know you better and would appreciate you answering the following questions. All participants are requested to fill in this questionnaire in the beginning and in the end of the program. These answers help us in evaluating our work.

1) I can manage in Finland.

1. Not at all 	2. A little 	3. Well 	4. Very well 
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Why did you choose this option?

2) I have the possibility to live the life I want in Finland.

1. Not at all 	2. A little 	3. Well 	4. Very well 
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Why did you choose this option?

3) I know what I am good at.

1. Not at all 	2. A little 	3. Well 	4. Very well 
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Why did you choose this option?

4) I know what I want to learn next.





1. Not at all 	2. A little 	3. Well 	4. Very well 
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Why did you choose this option?

POST-QUESTIONNAIRE





Thank you for participating in our program. We would like to hear your feedback about the program and find out how you are doing. These same questions are asked from all the participants. The questionnaire helps us in evaluating our work and planning in the future.

1) I can manage in Finland.

1. Not at all 	2. A little 	3. Well 	4. Very well 
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Why did you choose this option?

2) I have the possibility to live the life I want in Finland.

1. Not at all 	2. A little 	3. Well 	4. Very well 
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Why did you choose this option?

3) I know what I am good at.

1. Not at all 	2. A little 	3. Well 	4. Very well 
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Why did you choose this option?





4) I know what I want to learn next.

1. Not at all 	2. A little 	3. Well 	4. Very well 
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Why did you choose this option?

FEEDBACK ON THE ACTIVITY:





5) I have received new information.

1. Not at all 	2. A little 	3. Much 	4. Very much 
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Why did you choose this option?

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6) The discussions have helped me in understanding better.

1. Not at all 	2. A little 	3. Much 	4. Very much 
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Why did you choose this option?

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7) I have met more people thanks to the program.

1. Not at all 	2. A little 	3. Much 	4. Very much 
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Why did you choose this option?

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8) I have received support from others.

1. Not at all 	2. A little 	3. Much 	4. Very much 
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Why did you choose this option?

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9) I have gained new skills.

1. Not at all 	2. A little 	3. Much 	4. Very much 
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Why did you choose this option?

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10) I will use my new newly achieved skills after the program.

1. Not at all 	2. A little 	3. Much 	4. Very much 
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Why did you choose this option?

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